



Overton County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Overton County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Overton County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$44,200.00.

Community partnerships have been formed to address school health issues. Current partners include:

- American Bank and Trust
- Department of Health
- U.T Extension Office
- Overton County Drug-Coalition
- Department of Mental Health
- Livingston Police Department
- Livingston Regional Hospital
- Overton County Health Council
- First National Bank of the Cumberland's

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include health screenings, track and field events, physical education extravaganza, and 25 parents participate in healthy school teams.

Students have been engaged in CSH activities including health screenings, healthy school teams, drug awareness issues, and health competitions throughout the schools. Approximately 20 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Overton County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 6118 have been screened and 1093 have been referred;

Students have been seen by a school nurse and returned to class (none available for 2010-2011 but will have it for 2011-2012);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Since 2007, when CSH began collecting BMI data on students in grades K,2,4,6,8,10 Overton County students have averaged higher BMI scores than the state average. BMI data for 2010-2011 shows a 42% obesity rate in Overton County students over the last 2 years;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, fitness room equipment, playground equipment, and archery equipment:

Professional development has been provided to school health staff. It includes training concerning the school mental health plan, the school safety plan, the TTU physical education workshop, diabetes workshops, and CPR classes;

School faculty and staff have received support for their own well-being through a Biggest Loser Program, staff health fairs, and the development of a fitness room;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – diabetes awareness information, Michigan Model introduced into the high school, tobacco cessation program, UT Extension/CSH health fair;
- Physical Education/Physical Activity Interventions – introduced Take 10! into elementary schools, fitness room, physical education equipment, climbing walls, and the Presidents physical fitness program;
- Nutrition Interventions – nutrition events during school lunch week, poster contest with the Health Department/CSH, fresh fruits daily with the county school nutritionist, Healthy School Team project where schools had healthy living competition among each other, and partnered with the Health Department on a project that dealt with employees at the nursing home on how to eat better and stay fit;
- Mental Health/Behavioral Health Interventions – CSH brought our counselors and behavioral and mental health partner's together to develop a stronger relationship with each other.

In such a short time, CSH in the Overton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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